

# Medicare classes, Open Enrollment help offered

Marie Jorgensen  
DCHD Senior Services

Davis County Health Department's Senior Services offers a one hour free class about Medicare options, enrollment, and benefits. If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Thursday, Nov. 10, 6:30-7:30 p.m. – Centerville Library, 45 South 400 West, Centerville
- Wednesday, Nov. 16, 6:30-7:30 p.m. – Syracuse Community Center, 1912 West 1900 South, Syracuse

For more information about the Medicare 101 classes, contact Marie Jorgensen at 801-525-5086 or [mjorgensen@daviscountyutah.gov](mailto:mjorgensen@daviscountyutah.gov).

Medicare subscribers are allowed each year to make changes to their coverage during Medicare Open Enrollment. Davis County Senior Services Medicare counselors are available through Dec. 7 to help. Call 801-525-5050, option 5, for an appointment at any of the following locations:

- Tuesdays through Dec. 6 at Autumn Glow Senior Activity Center, 81 E. Center Street, Kaysville.
- Thursdays through Dec. 1 (except Thanksgiving Day, Nov. 24) at Golden Years Senior Activity Center, 726 South 100 East, Bountiful.
- Mondays-Fridays through Dec. 7, 8 a.m.-5 p.m., (except holidays) at Davis County Health Department Senior Services, 22 South State Street, Clearfield.

You change.  
Plans change.

Time to take stock.

OCT. 15 – DEC. 7 Medicare Open Enrollment

# November is National Family Caregivers Month

By Megan Forbush  
DCHD Senior Services

Davis County Senior Services thanks all family caregivers for the dedication they give to the people they care for. At times, caregivers lose out on sleep, relationships with friends and other family members, promotions at work, and many other aspects of their lives due to providing care. We recognize the burden it can cause these individuals and want to remind family caregivers to take care of themselves. Davis County Senior Services offers several types of respite services to caregivers who are taking care of family members and/or friends. If you are interested in finding out about these services, call our main number at (801) 525-5050 (press option 5) to speak to a case manager. As a thank you to care-



givers in Davis County, we are hosting two caregiver rejuvenation events during November. The following events include a complimentary lunch at noon along with a 30 minute chair yoga class at 12:30 p.m. and several pampering activities (hand massages, essential oils, music, etc.) 1-2 p.m.:

- Tuesday, Nov. 8, noon-2 p.m., at Fairfield Village of Layton (Retirement Living Section 2nd floor Activity Room, 1201 N. Fairfield Road, Layton).
- Thursday, Nov. 10, noon-2 p.m., at Golden Years Senior Activity Center (726 S. 100 E., Bountiful).

To RSVP, call 801-525-5088 by noon on Friday, Nov. 4.

# Get involved with Senior Voice event

By Debbie Draper  
DCHD Senior Services

The final Senior Voice event for 2016 has been organized to educate and increase senior involvement in the legislative process, as well as provide information on proposed legislation and senior related initiatives. This event will help inform you about the legislative process and how to effectively advocate for is-

ues important to seniors. It will help you identify who your legislative leaders are and how they may be contacted. We will share the top concerns identified by Utah's seniors and provide tools to advocate and support seniors remaining healthier, independent, and at home. The event replaces the "Senior Day at the Legislature" activity. There will be a light brunch served. This event is on Thursday,

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				<b>3</b> AG – Legislative Issues for Seniors w/ Brunch 10-12 GY – **Caregiver Class 12 ND – Miles Coe on the piano 12	<b>4</b> AG – Lapidary 8:30 Canasta 1 GY – Water Color 9 Line Dancing 9:30 ND – Name That Tune 11:30	<b>5</b>
<b>6</b>	<b>7</b> AG – Crazy Quilters 10 GY – Dancing Grannies 8:30 Yoga 10 ND – Music Trivia 11:30	<b>8</b> AG – Veterans Program 11:30 GY – Blood Pressure Clinic 10 Allen Birdsell on the piano 11:30 ND – Blood Pressure Clinic 10:30	<b>9</b> AG – Blood Pressure Clinic 10:30 Respiratory Tips 11:30 GY – **Legal consultation by appointment ND – Food Bank	<b>10</b> AG – Food Bank/Bread 12 GY – LDS Church History Tour 9:30 ND – Veterans Day Program 11:30	<b>11</b> Centers closed for Veterans Day 	<b>12</b>
<b>13</b>	<b>14</b> AG – Oil Painting 9 GY – Yoga 10 Bingo 12:30 ND – Brain Games with LeeAnn 10:45	<b>15</b> AG – Tai Chi 9:40 Chair Tai Chi 10:40 GY – **AARP Safe Driving 12:30 ND – **AARP Safe Driving Shopping Day	<b>16</b> AG – **Holiday Shopping 11 GY – Ceramics 9 Senior Social 11:15 ND – Art 9 Texas Hold 'em 12	<b>17</b> AG – Memory Magic 11:30 GY – Golden Years Open House lunch served 10-1 ND – Card Games 12:30	<b>18</b> **AG, GY & ND November Birthday Party AG – Ceramics 12 GY – Movie 12:30 ND – Bingo 12:30	<b>19</b>
<b>20</b>	<b>21</b> AG – Bingo 10 GY – Jim Jensen on the accordion 11:30 ND –Chancellor Gardens Presentation 11:30	<b>22</b> AG – Reiki 10:30 Square Dancing 12:30 GY – Sherri the "Cowgirl" 11:30 ND – Blood Pressure Clinic 10:30	<b>23</b> AG – Water Ex 9 Arthritis Ex 9 GY – Dancing Grannies 8:30 **Positive Aging 5-7 p.m. ND – Food Bank	<b>24 &amp; 25</b> Centers Closed for Thanksgiving Holiday  Happy Thanksgiving		<b>26</b>
<b>27</b>	<b>28</b> AG – Trivia of the Day 11:30 GY – Oil Painting 1 ND – Health Tips with Gina 11:30	<b>29</b> AG – Reiki 10:30 GY – Open Tap 8:30 **Jewelry or Craft Class 12:30 ND – Lapidary 8 China Painting 9	<b>30</b> AG – Watercolor 9:30 Bingo 10:15 GY – Line Dancing 10 ND – Art 9 Bingo 12:30	<b>Dec 1</b> AG – Wire Wrapping 8:30 GY – Arthritis Exercise Class 12:30 ND – Knit & Crochet 12:30	<b>Dec 2</b> AG – Internet 101 9:30 Ceramics 12 GY – Line Dancing 9:30 ND – Computer Class 11	<b>3</b>
<b>** Call Senior Activity Center to Make Reservation</b> (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						
AG ~ Autumn Glow (801) 444-2290 81 East Center Street Kaysville, UT 84037			GY ~ Golden Years (801) 451-3660 726 South 100 East Bountiful, UT 84010		ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015	

Nov. 17, 10 a.m.-noon, at the Golden Years Senior Activity Center (726 South 100 East, Bountiful). For more information, please call Davis County Senior Services at 801-525-5050.

# Holiday gift donations sought for senior citizens

Davis County Health Department's Senior Services is holding a gift drive to help make the holidays a little brighter for senior citizens who may be isolated or not have the financial resources to celebrate this year. The deadline to turn in gifts is Wednesday, Dec. 14, by 5 p.m. to the Davis County Health Department or at one of the county's three senior activity centers:

- Autumn Glow Senior Activity Center, 81 E. Center Street, Kaysville
- Golden Years Senior Activity Center, 726 S. 100 E., Bountiful
- North Davis Senior Activity Center, 42 S. State Street, Clearfield

For more details or to receive your gift request, contact Morganne Housley at 801-525-5087 or e-mail her at [mhousley@co.davis.ut.us](mailto:mhousley@co.davis.ut.us). Gift request will not exceed \$50.

# Resources for veterans

Have you served in the United States armed forces? Are you receiving veterans' benefits? If not, benefits may be available

to you. For a free consultation, call Aaron Hadley, DCHD Senior Services, 801-525-5084.

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All issues of Senior Scoop are available at [www.daviscountyutah.gov/senior\\_scoop](http://www.daviscountyutah.gov/senior_scoop)

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